

Welcome to

Centennial Hills Hospital

Breakfast

BREADS AND BAKERY ♥

- Blueberry Muffin 2 Cranberry Muffin 2
Apple Cinnamon Muffin 2

CEREALS ♥ ♥

- Cream of Wheat 2 Grits 2
Oatmeal 2

MORNING FARE

- | | |
|-----------------------------------|------------------------|
| Scrambled Eggs | Sides |
| Cholesterol Free Scrambled Eggs ♥ | Hash Brown Potatoes 1 |
| Orange Cinnamon French Toast ♥ 1 | Home Fries 1 |
| Buttermilk Pancakes ♥ 1 | Turkey Sausage Patty ♥ |
| Blueberry 15 | Pork Sausage Link |
| Cinnamon Apple 15 | |
| Cottage Cheese with Soft Fruit | |

OMELET SHOPPE

- | | |
|------------------------|---------------------|
| Plain Omelet | Three Cheese Omelet |
| Low Cholesterol Omelet | Vegetarian Omelet |

YOGURT ♥ ♥

- | | |
|------------------------|--------------|
| Yogurt | Greek Yogurt |
| Strawberry (Low Fat) 1 | Vanilla 1 |
| Peach (Low Fat) 1 | Strawberry 1 |

Beverages

Juices ♥

- Apple 1
Cranberry 1
Grape 1
Orange 1
Prune Juice 15

Cold

- Iced Tea
Lemonade 2
Diet Lemonade
Lemon Lime Soda 15
Diet Lemon Lime Soda

Milk

- Whole 1
Fat Free ♥ 1
2% Low Fat 1
Chocolate 2
Soy ♥ 1

Hot

- Coffee
Decaf Coffee ♥
Hot Chocolate
Tea

Call Room Service at 7-FOOD (7-3663) on your room phone to place an order.

**Breakfast: 6:30 a.m. - 10 a.m.
Lunch and Dinner: 11 a.m. - 6:30 p.m.**

Guest trays are available for purchase for \$5 via a paid voucher/receipt from the cafe.

Your doctor may have prescribed a diet that requires certain nutrients to be restricted each day. Please discuss your meal choices with your Host/Hostess if you have questions.

● Carbohydrates

Carbohydrates have been calculated for patients who need help in controlling their blood sugars. Each serving is equivalent to 15 grams of carbohydrate. Most patients will require 4 servings per meal.

✔ Vegetarian

♥ Heart Healthy

Heart healthy foods are lower in sodium, saturated fat and added sugars.
Gluten Free options available upon request

Dysphagia Diet

A dysphagia diet features different textures of foods and liquids that can make it easier and safer to swallow and can be categorized in a number of ways according to thickness.

181854 Dysphagia Menu 6/07 12/18



Centennial Hills Hospital MEDICAL CENTER

A Member of The Valley Health System[®]

Dysphagia Menu



Centennial Hills Hospital
MEDICAL CENTER

Lunch & Dinner

BROTHS & SOUPS (Low sodium options available) ♥

Broth

Vegetable
Beef
Chicken

Soup

Tomato
Chicken Noodle 1
Vegetable

DELI BAR

Breads ♥

White 2

Meats and Fillings

Ham
Roast Beef
Turkey
Chicken Salad
Egg Salad
Tuna Salad

Cheeses

American
Provolone
Swiss

GRILLE FAVORITES

Grilled Cheese 2
Hamburger (1.5-3)
Cheeseburger (1.5-3)

Garden or Black Bean Burger
Grilled Chicken Breast ♥

FAMILY FAVORITES

Farmer's Meatloaf ♥ 5
Yankee Pot Roast ♥
Asian Chicken Stir Fry 1
Macaroni & Cheese 4
Roasted Turkey Breast ♥

Cod Filet ♥
Garlic Butter
Lemon Pepper
Pork Loin (puree only)

PASTA BAR

Pasta Choices ♥♥

Penne 15
Spaghetti 15

Sauce Choices

Marinara
Bolognese

ACCOMPANIMENTS

Vegetables ♥♥

Fresh Vegetable of the Day
Broccoli 5
Green Beans 1
Yellow Corn 1
Green Peas 1
Carrots

On the Side ♥

Steamed White Rice 2
Steamed Brown Rice 1
Mashed Potatoes 15
Pinto Beans 15
Couscous 2

Complements (low sodium options available)

Poultry Gravy
Brown Gravy

Fruit & Desserts

Fruit ♥♥

Applesauce
Pear Halves 1
Peach Slices 1
Fruit Cocktail 1
Mixed Berries (puree only)

Pudding ♥

(Sugar free options available)
Vanilla 15
Chocolate 15

Gelatin ♥ 15

(Sugar free options available)
Strawberry
Orange
Cherry (sugar free not available)

Yummy Delights

Angel Food Cake ♥ 1
Cheesecake 25

Frozen

Vanilla Ice Cream 1
Chocolate Ice Cream 1
Rainbow Sherbet ♥ 15
Lemon Fruit Ice ♥ 1

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